Supplementary Information

Evaluations of Effects of Sleep Surfaces on Athletic Performance in Youth

Takashi Maruyama^{1, 2}

Shinichi Sato^{1, 3}

Mari Matsumura¹

Taisuke Ono¹

Masaki Nishida^{1, 4}

Seiji Nishino¹*

1. Stanford Sleep and Circadian Neurobiology Laboratory

Stanford University School of Medicine, Stanford, CA, 94304, USA

- 2. Department of Physiology, School of Medicine, University of Occupational and Environmental Health, Kitakyushu, Fukuoka, 807-8555, Japan
- 3. Department of Neuropsychiatry, Akita University Graduate School of Medicine, Akita, Akita, 010-0825, Japan
- 4. Faculty of Sports Science, Waseda University, Tokorozawa, Saitama, 359-1192, Japan

^{*}Correspondence to [nishino@stanford.edu]

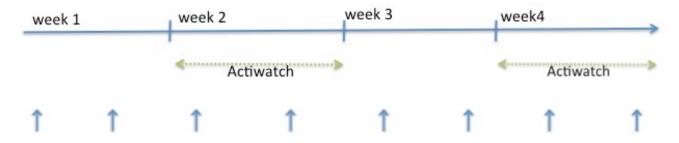
Supplemental Figure 1

IMGA Study Evaluations 2013

Schedule of mattress use



Evaluation Schedule (for both session #1 and #2)



athletic performance measures, PVT, questionnaires about sleep and performance (twice a week, less than 30 minutes each time)



Half of the participants will start by 4 weeks of using high rebound mattress toppers followed by 4 weeks with low rebound mattress toppers, while the order of the sessions was reversed for the other half. Sleep and athletic performance will be evaluated during these 8 weeks.

Supplemental Figure 2

IMGA Study Evaluations 2014

Schedule of mattress use Session #1 (6 weeks) Session #2 (6 weeks) 12 athletes No topper High rebound 23 athletes No topper High rebound athletes **Evaluation Schedule** Week 1-6 Week 1'-6' Change mattress Evaluation period #1 (week 5,6) Evaluation period #2 (week 5,6) Evaluation period (weeks 5,6): athletic performance measures, PVT, questionnaires about sleep and performance (twice a week) (long jump) (40-meter sprint) (star drill)

 Half of the participants will start by 6 weeks of using high rebound mattress toppers followed by 6 weeks with no mattress toppers, while the order of the sessions was reversed for the other half. Sleep and athletic performance were evaluated in week 5, 6.